BENGALURU, TUESDAY, OCTOBER 10, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 28 | Min 21 | Humidity 70% Scattered Thunderstorms Sensex 65,512 | Nifty 19,512 | Gold 57,510 | Silver 69,027 | Dollar 83.31 | Euro 87.84 | GBP 101.71

'Neither are organisers of private/public events keen to observe waste management rules nor is civic body interested in penalising offenders'

CITY IN WANT OF A CLEAN BREAK

Mandatory to deposit money with BBMP prior to event

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Environmentalists in the city alleged the Bruhat Bengaluru Mahanagara Palike has not been implementing the Events Waste Management Notification effectively.

It is mandatory for any organisation – social, religious, or political – to deposit money with the Bruhat Bengaluru Mahanagara Palike (BBMP) as per the Events Waste Management Notification 2019 prior to an event of scale.

The notification is applicable to public and private events including functions, seminars, conferences, get-togethers, be it of a social, cultural or religious nature, carried out either in public or private places within BBMP limits.

The organisers of the function or the event have to pay a refundable security deposit to the BBMP in advance by Demand Draft. The BBMP has to collect a refundable security deposit of Rs 10,000 for an event that is expected to draw 500 to 5,000 people, Rs 25,000 for a gathering of 5,000 to 10,000, Rs 50,000 for a gathering of 10,000 to 25,000 people, and Rs 1 lakh for a gathering of more than 25,000 people.

CONTINUED ON PAGE 8 »

KAUSHIK JN

"Not many organisers are penalised for organising events without permission or violating solid waste management norms
— Malini, environmentalist

Sound advice

Monthly average decibel values in city's silent zones rise substantially over last two years

| Garima Prasher
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Bengaluru's silent zones are increasingly becoming louder. The recent data on noise pollution from the Karnataka State Pollution Control Board (KSPCB) highlighted Mysore Road, one of the silent zones in the city, as the noisiest spot in Bengaluru. In September, the average decibel level recorded by the noise pollution monitoring station in the area recorded an 87% increase in the decibel value from the prescribed limit.

As per the Central Pollution Control Board's specifications, while the permissible sound level (dB) in a silent zone during the day is 50dB, and during the nighttime is 40dB, the noise monitoring station at Mysore Road recorded a decibel value of 73.9dB during the day and 74.9dB at night.

The sensor at NIMHANS station, another designated silent zone in the city, recorded a deviation of 47% in the average monthly decibel value in comparison to the permissible level by CPCB. The nighttime average decibel value at NIMHANS was 58.8 dB and the daytime average decibel value was recorded to be 57.2dB.

According to KSPCB officials, the metro station situation next to RVCE is leading to higher decibel values.

"The metro station opposite RVCE is creating a lot of echo due to the free movement of traffic during night hours.

CONTINUED ON PAGE 8 »

The Doll House

As festival of Dasara draws near, 82 people from all over India come together for Doll Festival; exhibition features 1,008 handmade dolls

The replicas of gods and goddesses displayed are described and written about in the various scriptures

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> **All the participants began preparing for this exhibition three months ago. All of them have come voluntarily** –Roopa Sanjay, admin of the Facebook group Doll Making Enthusiasts

Do you want to see more than 1,000 gods and goddesses under one roof? If so, just visit Lokakalyanam Dolls Fest 2023, an exhibition of 1,008 gods and goddesses from Hindu mythology. The festival is being held until October 25 at Garuda Mall.

"This is the first of its kind exhibition where visitors have an opportunity to see and admire 1,008 handmade dolls of gods and goddesses made of fabric. The dolls are not for sale. The objective of the exhibition is to enable the public to have a darshan of 1,008 gods and goddesses," said Roopa Sanjay, admin of the Facebook group Doll Making Enthusiasts.

Around 82 people from Pan India have come together to create more than 1,008 handmade dolls. This exhibition is conducted by the Doll Making Enthusiasts Facebook group. The members have created these replicas of gods and goddesses after thoroughly studying materials about the importance of the incarnations, their weapons, and their attributes.

"All the participants began preparing for this exhibition three months ago. All of them have come voluntarily," added Roopa.

Stating that making dolls is her hobby, Haritha N, an advocate, said that she made 32 forms of Lord Ganesha. "I used to make dolls since childhood. I studied and researched to know the different forms of Lord Ganesha. I used seven colours while making Ganesha dolls," said Haritha.

The gods and goddesses on display are mainly categorised as temple gods, shloka deities, and creative gods. The temple gods have been made as per the position, vahanas, and weapons present on the deities as present in the respective temples. The Shloka deities are made as per the description given in the Dhyana Shloka for the respective gods.

Vyjayanathi Sabapathi from Hyderabad told Bangalore Mirror that she made Sri Krishna dolls. "I have come from Hyderabad to participate in the Dolls Fest. I put up different forms of Lord Krishna. The theme of the dolls is called Krishna Leela," said Vyjayanthi Sabapathi.

The replicas of gods and goddesses displayed are described and written about in the various scriptures available in the Hindu religion, like the Vedas, Shlokas, Upanishads, Puranas, Brahmasutras, Bhagavatham, and other books. The Lalitha Sahasranamam, Vishnu Sahasranamam, Shiva Puranam, and other scriptures give insight into the various incarnations and their importance. People from Tamil Nadu, Karnataka, Andhra Pradesh, Telangana, Maharashtra, and Madhya Pradesh have participated in this mega event.

School timings is talk of the town

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Various stakeholders gave their suggestions on the proposed revised school timings at a meeting held on Monday. During the meeting, the BMTC officials said that they were ready to operate specialised school buses for schoolchildren and teachers if a group of schools joined hands to offer a common school time.

However, the Associated Management of Primary and Secondary Schools in Karnataka (KAMS) opposed the early opening of schools. There are concerns raised regarding the proposed changes in school timing. It is argued that altering school hours may not effectively reduce urban traffic congestion and could have adverse effects on various stakeholders, including children, parents, teachers, and the overall education system.

Many have opposed the early openings of schools

KAMS General Secretary D Shashi Kumar said, "Given the current situation, it's highlighted that vehicles travelling short distances (5 to 10 km) experience significant delays. The influx of buses from interstates and districts during the early morning rush (6 am to 8 am) causes traffic chaos on main roads, lacking traffic police control. Students residing in outer zones, approximately 15–30 km away from schools, heavily rely on vehicles for transportation. Early morning commutes are common, impacting students' routines and nutrition. The proposed early start impacts primary and secondary students who have to wake up without adequate physical exercise, affecting their overall well-being."

He added that if there is an early school, it affects the health of custodial parents, who need to wake up at 4:30-5 am to manage their morning routines. The demand for teachers and non-teaching staff is challenging, and school timing plays a crucial role in this.

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2 THINGS TO DO

01 Kuchipudi aura

Grab the chance to visit the 10th edition of Natya Parampara Utsav, presented by the Kuchipudi Parampara Foundation, Bengaluru. The event is curated by Deepa Narayanan Sashindran, a Kuchipudi exponent and life trustee of the foundation. The programme will honour the works of Kuchipudi Guru, Bhagavatula Mohan Rao, and Hari and Chethana, Kathak exponents.

Where: Seva Sadan Auditorium, Malleswaram
When: Saturday, October 28; 6 pm onwards

02 Clown fest

The International Clown Festival is back in the city. With award-winning professional clowns, interactive performances, workshops, and more, the event is set to enthral everybody. Don't miss the opportunity to attend a theatre show of non-stop laughter that will be held at two venues in the city. This festival is curated by Martin Flubber D'Souza.
Where: Prestige Auditorium (Oct 19 and 20), and Good Shepherd Auditorium (Oct 21 and 22)
When: October 19 and 20 at 4 pm and 7 pm, and October 21 and 22 at 3 pm and 6 pm

Reasons to love Port Blair

Top reasons to visit capital of Andaman & Nicobar Islands

As the capital of the Andaman & Nicobar Islands, Port Blair is generally considered by the sun-worshipping traveller as merely a point of transit as they head towards their dream beach. And, while it definitely isn't the prettiest island of this archipelago, what it lacks in beauty, it more than makes up for in history and culture. It's a great place at which to get used to the rather laid-back pace of island life. You can choose to laze around and do nothing, sample the different types of food, or even spend leisurely afternoons exploring the museums here.

For its intriguing history: Port Blair has played an important, if often forgotten, role in India's history, and the Cellular Jail National Memorial does a good job of showcasing that fact. It's housed, as the name suggests, in what was once a British prison. Don't miss the sound and light show, which includes narrations by the very people who were once incarcerated here.

For its great day-trip options: If you don't have much time, you can just make Port Blair your base, and go on day-trips to surrounding islands for a taster of the Andamans, or the outdoors on Port Blair itself. The nearby Ross Island is worth visiting, as is the Mt Harriet National Park.

For its fascinating cultural experiences: The Andaman & Nicobar Islands positively burst with unique culture. A respectful way to explore it is by spending a few hours at the Anthropological Museum, arguably the best museum of the islands. It has in-depth information about the tribes of these islands.

For its laid-back vibe: It might not have the most renowned beaches, but when you're on any island, you must take it slow and easy. You'll feel fresh as a daisy afterwards!

For its great shopping options: You can pick up beautiful – and legally collected shell-jewellery and shells at Andamans Handicrafts Emporium here on Port Blair. You'll also find bamboo and cane furniture, wooden carvings and other knick-knacks that will make the perfect gifts for your friends and family back home.

PLACES TO SEE AND THINGS TO DO

Ross Island: Take a short boat ride (approximately 15 minutes) from Port Blair to Ross Island. Here, you will find the ruins of British-era buildings.
Corbyn's Cove Beach: Spend some time at Corbyn's Cove Beach, located just a few kilometres from Port Blair. The sandy shores of the Corbyn's Cove Beach is just the right place to sit back and relax and maybe enjoy the sunset.
Snorkelling and scuba diving: Explore the vibrant underwater world by indulging in snorkelling or scuba diving. Head to popular spots like North Bay Island, Havelock Island, and Neil Island, where you can witness beautiful coral reefs and a variety of marine life.
Explore Mahatma Gandhi Marine National Park: If you have time, take a boat to Mahatma Gandhi Marine National Park. Discover the stunning biodiversity of the region, including coral reefs, colourful fish, and rare marine species.
Havelock Island: Take a day trip or stay overnight at Havelock Island. The island is known for its stunning beaches like Radhanagar Beach and Elephant Beach. You can go trekking in the forests, or simply relax.
Visit Chidiya Tapu: Chidiya Tapu is located around 25 km from Port Blair. It offers breathtaking views of the sunset, and is a great birdwatching destination. Chidiya Tapu has a very interesting and rich wildlife. **(Femina and TOI)**

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RAIN PAIN

PICS: KAUSHIK JN

When heavens opened

Heavy rainfall pounded the city on Monday evening for a few hours, inundating many roads. Horamavu received the highest rainfall of 99 mm, HBR Layout, Banaswadi 77 mm, Jakkur 64 mm, Vidyaranayapura and Attur 50 mm. As it was evening time, many office-goers returning home had a tough time reaching back. Police said that heavy waterlogging was witnessed at Roopena Agrahara, Nayandahalli, Haralur junction, Seshadripuram, Vijayanagar, Nagarjuna Junction, Bannerghatta Road, Anil Kumble Circle, MG Road, Kalyan Nagar Bridge, opposite Chickpet Metro station, Hesaraghatta Cross, and Thanisandra Road. Hennur also experienced significant waterlogging due to the intense rainfall.

Crossing this street is a wading game

Citizens complain of deplorable state of Ebrahim Saheb Street, which gets worse after every downpour; BBMP blames BWSSB for delay in laying underground lines

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On one hand, Commercial Street boasts a well-maintained road, thanks to Bengaluru Smart City Limited's efforts in implementing the Smart City project. However, contrasting this, Ebrahim Saheb Street, a shopping haven for many, presents a dismal picture. Following a downpour over the last two days, the situation worsened to the point where pedestrians struggled to navigate through the waterlogged and deteriorating stretch.

During weekends, the street becomes densely packed, leaving little room for pedestrians. Unfortunately, the recent excavation work carried out by the Bangalore Water Supply and Sewerage Board (BWSSB) to install sanitary pipelines has left the road in deplorable condition. The road is now severely damaged, posing a risk to pedestrians, who could easily trip if they don't pay close attention to their footing. For two-wheeler riders, navigating this uneven terrain has become a harrowing experience, as it increases the risk of accidents and falls from their bikes.

With Sunday's downpour, the road was filled up with drainage water flowing across the street, and people found it extremely challenging to traverse the stretch.

Meanwhile, the Bruhat Bengaluru Mahanagara Palike (BBMP) officials have placed blame on the BWSSB for the delay in their work. "The BWSSB had initially promised to complete the task of laying underground sanitary lines within 15 days, but it ended up taking over three months. We were compelled to commence our development project on this stretch late due to the delay caused by the BWSSB. Additionally, the strike by contractors further hindered the progress," said an official.

PICS: KAUSHIK JN

Ebrahim Saheb Street is severely damaged, posing risk to pedestrians, and commuters

Road development at Rs 2.5 crore

The BBMP official said, "We will be undertaking the drainage works, footpath development, and even concrete the entire stretch. The stretch at Ebrahim Saheb Street will be on par with Commercial Street. We need about 50 days to have the entire work completed. We have already started working on the stretch."

Shoppers in the area pointed out that travelling on this road has become a nightmare these days.

A shopper who had gone to the street on Sunday said, "I visited Ibrahim Saheb Street after a very long time, and I was shocked to see the condition of the road. I regretted going there as it started to rain, and I couldn't even walk by the stretch as I was scared that I would fall or twist my ankle. These are places that are often visited by people and need to be in extremely good condition. People even from other cities and countries come here to shop, and with the bad state, we are setting a bad example of our infrastructure."

Furthermore, a staff member at a clothing store said, "Earlier, we used to have some space to park our vehicles. But now bringing the bikes and riding through this stretch is extremely risky. We have seen people fall off their bikes."

Sanjay Motwani, President of the Bangalore Commercial Association, said, "When the work is in progress, there will definitely be a little inconvenience on the street, and we need to bear with it. During the process of smart city work on Commercial Street, there was a lot of hue and cry, but now we do have a great-looking street."

CHANGE OF NAME

I **Ravikumar S/o Muniyappa** R/o Alur Palya, Dasanapura, Hobli, Bangalore North Taluk, Bangalore-562123 stating that my name mentioned in the PAN Card & Aadhar Card as **RAVIKUMAR** and my name mentioned in the Passport as RAVIKUMAR MUNIYAPPA. But above mentioned both the names **Ravikumar and Ravikumar Muniyappa** are one and the same reffers to me only. What is stated above is true and best of my knowledge, belief and information. Therefore, I have sworn before Notary and Advocate T.V.Bhadravijaya vide affidavit dated 09.10.2023.

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Complete mess
Sahakar Nagar

The state of the 13th Cross in Sahakar Nagar is deplorable, with dry leaves accumulating on nearly all the streets. Despite requests from the Welfare Association and individuals, no action has been taken so far.

Dangerous spot
Vasanth Nagar

A shop on the footpath on Dr MH Ambareesh Road in Ward 93, Vasanth Nagar, has placed a gas cylinder on the footpath for making tea. This creates a potentially hazardous situation.

Left unrepaired
Jayanagar

The roads at the intersections of 11th Main, 10th Main, and 38th Cross have been dug up for the past six months in the 4th and 5th Blocks of Jayanagar.

Keep a check on your kidneys

Ensuring kidney health is crucial, with a rising prevalence of kidney ailments demanding increased attention. An expert stressed the significance of maintaining inner strength through kidney health and urged the spread of awareness on this vital organ. Kidney diseases, often silent killers, can progress to kidney failure, necessitating dialysis or transplant for survival. Chronic kidney disease (CKD), prevalent and incurable, underscores the importance of prevention. Early detection and treatment can arrest CKD progression, delaying the need for definitive interventions.

Another expert highlighted the silent nature of kidney diseases, urging people to be proactive in kidney check-ups. The "kidney number" serves as an indicator of kidney function. Raising awareness about this crucial metric is imperative, akin to monitoring cholesterol, blood pressure, and sugar levels. Lifestyle modifications, including a healthy diet, reduced calorie intake, avoidance of harmful substances, and regular exercise, contribute to kidney health. The emphasis on awareness extends to issues of accessibility and affordability in dialysis and transplantation procedures.

Experts outlined symptoms indicative of advanced kidney failure, emphasizing the importance of recognizing these signs early. Anorexia, decreased appetite, taste loss, vomiting, leg swelling, breathing difficulties, abnormal sleep patterns, frothy urine, and elevated blood pressure are red flags. Regular monitoring is crucial, with skin changes and itching often accompanying kidney dysfunction. Dialysis can address symptoms, but long-term reliance may pose complications, particularly in older patients.

Certain individuals face a higher risk of kidney dysfunction, including those with a history of diabetes, blood pressure, kidney disease, family history of kidney issues, unexplained anemia, smokers, history of stroke or heart disease, and obesity. Regular kidney function tests are essential for susceptible individuals. Understanding kidney health and embracing preventive measures ensures a healthier future.

Doctors say lifestyle modifications such as regular exercise contribute to kidney health

Alternatives for renal failure patients

There are several alternatives available for renal failure patients, according to doctors. Some patients may prefer a less aggressive approach to treatment, avoiding options like hemodialysis or renal transplant and opting for more conservative methods to preserve kidney function, prevent additional damage, and enhance their quality of life.

"The recommended treatment plan involves monitoring and controlling electrolyte levels, including sodium, potassium, magnesium, and calcium. In cases of end-stage renal disease, if a patient meets the criteria for a kidney transplant, doctors strongly advocate for it.

A successful kidney transplant eliminates the need for ongoing dialysis, reducing the associated long-term complications and risks. Moreover, it reduces the financial burden associated with dialysis and offers a significantly higher life expectancy compared to those undergoing hemodialysis.

Kidney transplantation leads to an overall improvement in physical health, exercise tolerance, sexual function, and quality of life.

Minimally invasive techniques, such as laparoscopy, are employed for kidney transplant surgeries, ensuring a simple and safe procedure with quick recovery, minimal hospital stay, and an early return to normal activities. Notably, even children can undergo kidney transplantation. The core transplant surgery for the donor nowadays is done using minimally invasive techniques of surgery like laparoscopy.

Laparoscopic donor nephrectomy or retrieval of the donor organ, that is, the kidney is done using keyhole surgery. It is a simple and safe procedure and because it is done by minimally invasive surgery, it allows quick recovery of the patient, minimal hospital stay, early discharge, and early return to normal activities", said an expert.

Advt

New Insights and Advances in Prostate Cancer Detection and Treatment KNOW IT TO BEAT IT

The prostate is a walnut-sized accessory reproductive gland, which lies just below the urinary bladder in men. Like any other cancer, it is lethal, however progresses slowly. If detected early and treated appropriately, the chances of a patient getting fully cured, or at least keeping the cancer controlled enough to live a good quality long life is quite high.

Literature suggests prostate cancer to be the second most common cancer in men in India and its incidence is increasing exponentially in the urban population. Progressive age, generally above 50 years of age is the most common risk factor for prostate cancer. However, doctors are seeing an increasing number of younger patients around 45-50 years of age in their daily practice. Other risk factors are family history, westernised diet and exposure to pollutants and chemicals. In India, the chances of death from prostate cancer are as high as 50%, as compared to 12% in the West, due to lack of awareness and late detection.

Elaborating on the topic, Dr IR Ravish-Lead Consultant Urology, Aster RV Hospitals, Bengaluru said, "The most dangerous thing about prostate cancer is that it has no specific symptoms in early stages and may include common urinary issues like increased frequency, poor stream or blood in the urine or semen. A simple blood test almost called Prostate Specific Antigen (PSA) is globally used to screen prostate cancer. However, a high PSA value only indicates cancer risk but does not confirm it. Other prostate issues like enlargement, infection, inflammation or recent procedures can also raise the PSA value. I urge all men >50 years to get a PSA blood test done once a year till they reach 70 years, and from 45 years onwards in case of positive family history to understand their risk of early in the disease state, when it can be cured."

Diagnosis of prostate cancer is generally confirmed with other radiological examinations. Stage 1 and stage 2 cancers which it is confined to the prostate are usually curable by either surgery or radiation alone. With advances in technology like robotic and laparoscopic approaches, surgery is proving to be the best treatment for feasible patients. Stage 3 cancer where there is local invasion and extension, is managed with hormone therapy along with radiation or surgery. Stage 4, where the cancer has spread to other parts of the body, requires hormone therapy, chemotherapy and radiation or surgery along with adjuncts like bone-strengthening agents and calcium supplements.

Department of Uro & Nephro

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Kannadigas in Israel take shelter in 'Mamads'

CM extends support to stranded citizens; Assures assistance and helpline numbers issued

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As the war in Israel rages on, concerns mount among Kannadigas stranded in the conflict zone. Indians residing in Israel share the harrowing experience of being strictly instructed to seek refuge in safe rooms, whenever missile attack warnings blare through the air. Nancy Noronha, who is currently staying in Israel said, "I saw a building fired by a rocket on Saturday and three people died on the spot. I consider myself as lucky as I escaped by a whisker. There was no bomb shelter in my building and I had to shift to a nearby shelter but before I could do so, I could see rockets being pounded from the sky. I have been staying for the last eight years but have never been in such a situation like now. Even now, I am unable to come out of this trauma. My ears are still numb."

A Bengaluru woman residing in Israel said, "There was an attack on the building next door to mine. The impact shattered the mirrors in my building. We sought shelter in the bomb shelter, and military police arrived just in the nick of time. We were saved by a fraction of a few seconds." Recounting terrifying incidents all around, L Fernandes, a Karnataka resident in Israel, said, "As of now, we are safe. I am staying in central Israel. On Saturday, there were two alarms for missile attacks in the morning and evening. We hid in the mamads." Mamads which stand for merhav mugan dirati in Hebrew are constructed in each building with sealed windows and doors like steel vaults and are built with reinforced concrete for protection from blasts. Fernandes further added, "I have been here for the last 14 years, and although recent settlers may be scared, we are not as there have been skirmishes in the past. We were informed that rockets were intercepted, although the sounds were intimidating. There's an iron dome system, which is why we are still alive. Unfortunately, all flights are cancelled. I had booked tickets from Israel to travel to Karnataka on October 10. Now I don't know when will we return home. Despite uncertainties, many Kannadigas are safe here. We get alarms, and we're instructed to head to the safe room. We must stay there for 10 minutes or more. Some risk of going out to capture pictures after the blast, which is quite dangerous. All buildings have safe rooms—underground in old structures, and there are safe shelters on the roads. When we get an alarm, we are told to lie down if on the road and not to walk."

Missile attack warnings blare through the air, Indians in safe rooms

> **Unfortunately, all flights are cancelled. I had booked tickets to travel from Israel to Karnataka on October 1. Now I don't know when will we return home**
>
> –L Fernandes

Neeta, a resident of Mangaluru whose husband Praveen Pinto is currently based in Tel Aviv said, "As of now, my husband is in a safer zone for now. A missile attack happened a kilometre away, some people were injured. They are not scared as every home has a safe room. I continuously call them; he is following government instructions. Many are not going out for work and not unnecessarily stepping out. Around 5,000 Indians are staying nearby, and we need to wait for instructions from the Embassy." Sharing the challenges, Hephzibah Rathish, a Kannadiga working as a caregiver in northern Israel added, "We were given alerts and told to stay indoors. So far, caregivers have not faced any trouble. I am staying in the relatively safe north of Israel. When we entered Israel sometime back, we had training on how to remain safe. We have a caregivers group, and so far, everyone is safe. We are scared about the uncertainty of how long this war will continue and how long we will be confined to our homes. But, we need to be on alert always."

Meanwhile, Karnataka Chief Minister Siddaramaiah said those in need of assistance should contact the state emergency operation centre and collaborate closely with the Ministry of External Affairs for a coordinated effort. Siddaramaiah stressed the importance of following government instructions and providing helpline numbers for immediate assistance. "In view of the current situation in Israel, we are closely working with @MEAIndia towards ensuring the safety of our citizens. In cases of any citizens of India hailing from Karnataka in Israel requiring assistance, reach out to Karnataka State Emergency Operation Centre Helpline numbers: 08022340676, 08022253707. Also @MEAIndia Helpline number: +97235226748," CM said on social media platform X.

Panorama safari bus for Nagarhole Reserve

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Just like how the Vistadome train between Mangaluru to Bengaluru offers passengers a panoramic view of the Western Ghats, the Karnataka Forest Department (KFD) has introduced a 360-degree safari bus for the tourists in the Nagarhole Tiger Reserve.

The inauguration of the safari bus took place on October 1, and online bookings have started recently. This 360 Safari bus was launched at the Kakanakote safari zone and replaced one of the four safari vehicles which wasn't in good condition.

According to Harsha Kumar, Director, Nagarhole Tiger Reserve, "This is the first time in India that a 360-degree safari bus has been launched. There is no bus so far with tempered glass on the rooftop. The tourists sitting in the bus will get a 360-degree view of the forest and they can feel like they are inside the forest itself. Often, animals and rare birds are perched high in the trees, and tourists tend to miss seeing them. With the 360-degree view, spotting them on the top will be effortless." Kumar pointed out that the bus's design includes larger window openings and designated spots where tourists can stand and capture stunning photographs of the forest. "The safari ride costs Rs 855, with a 50% discount for children. Bookings for the bus are in high demand, with both weekdays and weekends seeing full reservations. Last year, we had 1.2 lakh tourists visiting the safari, and this year we expect even more," said Kumar.

KFD introduced 360-degree safari bus in the Nagarhole Tiger Reserve

The safari bus was developed and designed as part of the CSR initiative. The forest safari is very popular among wildlife enthusiasts. Tourists can enjoy an unobstructed panoramic view of the forest in the new safari bus. Most of the spotted wild animals during the safari are tigers, leopards, elephants, sambar deer, Indian gaur, wild boars, peacocks and others.

The time slots between the safari are 6:30 am- 9 am and 3:30 pm- 6 pm. According to some of the tourists who have already visited the forest, they have definitely enjoyed the forest safari and even got a good chance to see animals. "During the weekdays, the safari hours are longer due to fewer crowds. We enjoyed our safari ride. Booking tickets online is advisable, as it ensures a smoother experience. The forest view is beautiful, and we had the chance to spot deer, bison, elephants, and wild dogs. Although we couldn't spot a tiger, we cherished the overall experience. We took the closed-top safari bus, but the new safari promises an even more incredible adventure for tourists," said Apoorva Gowda, a stock trading professional.

BIAL takes aviation training to new heights

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In a significant milestone for aviation safety and efficiency, Bangalore International Airport (BIAL) has unveiled South Asia's pioneering Aircraft Recovery Training School (ARTS) on the grounds of Kempegowda International Airport. This groundbreaking institution, equipped with state-of-the-art Disabled Aircraft Recovery Equipment (DARE), will offer hands-on training for aircraft recovery. Through a strategic partnership with KUNZ GmbH Aircraft Equipment, Germany, BIAL will provide Disabled Aircraft Recovery training recognised by the International Civil Aviation Organisation (ICAO) under its Trainair Plus program.

According to BIAL officials, in the event of an aircraft mishap on the runway, swift, precise, and safe recovery is paramount to restore normal airport operations. The absence of trained personnel and equipment can inadvertently lead to operational delays and even pose potential risks to the aircraft concerning secondary damage.

Acknowledging the critical importance of aircraft recovery, the facility will equip aviation professionals with the necessary skills and knowledge needed to respond effectively to such challenging situations. Hari Marar, Managing Director and CEO of BIAL said, "ARTS will elevate operational efficiency and prioritise passenger safety. As the first airport in India to acquire specialised code F-compatible aircraft recovery equipment and assemble a proficient team of recovery managers, we have made substantial advancements in enhancing our operational preparedness. Our vision is to create a world-class facility that sets new standards in aviation training, and I am confident that this will be much sought after in the region." The institute will serve as a central training hub, offering ICAO Trainair Plus recognised training to candidates from India, the Asia Pacific Region, and beyond. ARTS, will be a combination of classroom sessions, one-day familiarisation training, three-day hands-on training, and advanced five-day hands-on training programs. These modules will equip trainees with the theoretical knowledge and practical skills required to efficiently handle aircraft recovery operations.

Metro buzz: Highs & lows on Purple line

While Benniganahalli station gets praise, crowding at Majestic is panned

Rachana Ramesh
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TWEETS @BangaloreMirror

Metro users wait at the Benniganahalli Metro Station that was thrown open to the public on Monday

Passenger operations between two vital stretches of the Purple line between Challaghatta-Kengeri and Baiyappanahalli-KR Pura have begun, proving to be a huge relief for commuters using public transport to reach Whitefield, in West Bengaluru. The Bangalore Metro Rail Corporation Limited (BMRCL) has recorded a ridership of 3.35 lakh till 6 pm on the day one of its operation. According to the corporation, in comparison to regular days, the ridership has increased by 25,000.

Netizens have taken to X to convey their joy over the inauguration. "The metro ride to Whitefield will make it abundantly clear how big the impact is going to be. Lots of offices and apartments, many within walking distance from metro stations. Whitefield will be changed forever," said Srinivas Alavilli, a public transport enthusiast. "I am particularly impressed by the way that Benniganahalli metro station (between Baiyappanhalli and KR Pura) has been integrated with the surrounding neighbourhood. There are wide pedestrian walkways, bicycle paths and plenty of greenery, making it enjoyable to walk, bike, or take public transportation to the station," another user said.

Many have also appreciated the authorities for paying heed to the public's request to begin passenger operations immediately and doing away with the need for a formal inauguration. In a one-page letter dated October 8, the Union Ministry of Housing and Urban Affairs (MoHUA) asked the Karnataka government to open the two stretches for passenger operations starting from October 9 morning without conducting a formal or informal inauguration.

It is to be noted that the Commissioner for Metro Rail Safety (CMRS) approval was granted for the Baiyappanahalli-KR Pura section on September 25, and clearance for Kengeri-Challaghatta was received on September 30. On the other hand, the Deputy Chief Minister, DK Shivakumar took to X to say, "I had requested on the 5th of October, 2023 to the Government of India for the opening of two sections. In order to provide immediate convenience to the commuters in these two vital missing links of the East-West corridor of BMRCL, we have decided to make the above two sections operational from the 9th of October, 2023."

Majestic congestion

On the other hand, a netizen also called out the overcrowding at Majestic metro station (the station linking Green line of the Metro to the Purple line) during peak hours as the ridership has seen an increase. "Who's showing you the full reality? Majestic today at around 10 am following the commencement of trains towards Whitefield on Purple line. There is definitely a larger question about micro-level planning that needs to be addressed here," a user wrote along with a video of the overcrowded station. "Majestic interchange needs a lot of work on the signage and circulation. Very high risk of stampede right now. The two largest stairs at both ends of the Green Line platforms are currently closed to the public, maybe they can open these soon," said Pravar, also a public transport enthusiast.

BMTC feeder services

Since the metro section between Baiyappanahalli-KR Pura metro is now operational, the Bangalore Metropolitan Transport Corporation (BMTC) will be running 37 feeder buses in order to provide last-mile links to Silk Board junction and surrounding areas. As many as 22 Volvo Vajra buses are deployed between KR Pura and Silk Board while 15 ordinary buses will be plying back and forth from the KR Pura metro station, connecting the Outer Ring Road (ORR) via Marathahalli and Iblur, Marathahalli, Kundalahalli, ITPL and Garudacharpalya. The feeder buses are set to make 300-350 trips each day with a frequency of 8-10 minutes on the Volvo Vajra buses and 5-10 minutes on the ordinary buses.

Will govt work with citizens for better B'luru?

Sridhar.Vivan@timesgroup.com

TWEETS @sridharvMIRROR

File photo of a citizens' protest demanding better civic amenities

Many citizens have written to the government saying that they should be made stakeholders for every decision the government makes with respect to Bengaluru. Though Deputy Chief Minister DK Shivakumar who holds the Bengaluru development portfolio on Monday said that he would take measures to include citizens, Bengalureans said they would rather wait and watch if there is any tangible change.

Sharat Kumar, a citizen activist, said, "Bengaluru is known to be a vibrant city for citizen activism. However, with not much support from the State Government, the citizen activism for a better Bengaluru takes a hit. During the Brand Bengaluru programme, many citizens had written to the government saying that it is high time the government considers citizens as stakeholders and include them in city affairs as this will not only bring ownership but also creates a level playing field with exchange of ideas and greater citizen participation."

During the Brand Bengaluru meeting on Monday, DKS said, "I know the importance of incorporating citizens into city affairs. The BBMP elections are delayed and we need to hold elections for 225 wards and as of now the ward committees which are supposed to be active groups are not able to hold meetings. Many residents have proposed a more involved role in local decision-making, advocating for the formation of committees."

One example to illustrate the lacuna is that though almost all roads in Bengaluru have potholes, the BBMP claims it has filled them all. Shivakumar said, "THe BBMP commissioner and police will be supervising pothole filling. In the future, we want citizens to report potholes by sending photos. These will be sent to the police and BBMP, and both will coordinate to fill up the potholes."

Other decisions

Other than that, Shivakumar also spoke about a pilot scheme 'Namma Swattu' to check all property documents to deliver digital documents at doorsteps. He also said plan sanctions for properties built in 50*80 sites would be automated.

He also declared that to avoid double billing of infrastructure projects, a QR code would be assigned for road works. "Residents can scan the QR code to know how much money has been sanctioned, who has taken up work, and what is the progress of the road," he said.

CRIME FILES

Ex-boyfriend attacks woman

A woman has gone to the police after her ex boyfriend assaulted her. The victim alleged that the man had been stalking her for a long time, and later broke into her house and tried to strangle her.

She is said to have broken up with this man because of assault and abuse during the relationship. The couple had split up almost a year ago. After this, he is said to have turned into a stalker.

He is said to have barged into her home on Sunday and assaulted and verbally abused her.

The victim then approached a social worker to help her get a medico-legal case registered since she still had injury marks from the struggle.

Later, they approached ACP Marathahalli to report about the incident.

Man stabbed at Ganesha immersion

A man was fatally stabbed at a Ganesha idol immersion ceremony in Adugodi on Sunday evening. After the stabbing, the accused also allegedly attacked the victim's mother.

Four people are accused of stabbing Srinivas to death after getting into a confrontation with him over a disagreement regarding the dance during the procession.

An FIR has been filed by the Adugodi police against Vinay, Alex, Ranjith, and Prashanth. It is said Srinivas had got into a fight with Vinay at an earlier ceremony. Srinivas ordered Vinay and his friends not to dance close to his house on Sunday night during the procession. This caused the fight.

When they stepped in to break up the brawl, one man and Srinivas' mother too were attacked.

Burglars nabbed

The Soladevanahalli police detained two persons, who hail from Nepal, in connection with six home robberies on Monday. They were found to have valuables worth Rs 10.3 lakh.

Following a break-in at a home in Dasenahalli cross on August 16, the police were able to locate the suspects using leads from CCTV footage and apprehend them at a shed they had rented in Kittaganahalli, Avalahalli. The accused Manoj Vishwakarma, 34, and Rorka Vishwakarma, 33, were found to be habitual offenders. Police said the accused would work as guards or do odd jobs during the day, and scout for closed homes at night.

There is something spurious in the water here

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Residents of 1st Main, 1st Cross living near Medahalli bus stop have been suffering for the past eight-nine years due to waterlogging in their homes.

As water gushes into the home, especially as the drain nearby is blocked, it drags in a lot of muck and creates severe health problems in the area.

"We are facing a lot of issues due to the rain. Rainwater and sewage are entering the homes. It's entering the water sumps and increasing infections. People are suffering from fever and cold. Due to water stagnation, we are suffering from a mosquito menace. As of now nobody is using the water from the connection for cooking or drinking," said Gopal Krishna, a resident.

Other residents added that the issue has been ongoing for the past 8–9 years.

"We have been facing this issue since the Cauvery line was installed 8–9 years ago. The drainage near the bus stop has been blocked, and so, water comes to our side. All that unhygienic water enters our homes and water sumps. People are suffering from colds and fevers. Once it floods, we have to wait for nearly 20 minutes for the water to recede. Already, we just get Cauvery water once a week, and that becomes unusable," said Vijay, another resident.

Residents use the same unclean water for many of their needs. "We don't have an option. For cooking, we get canned water from outside. Another option is to pay Rs 450 for water tankers," he added.

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CHANGE OF NAME

I, (Old Name) Abhishek Singh.S, Resident Of No.56/57/Gf-03, Omkar Hills Layout, Behind Sbm Bank, Srinivasapura, Kengeri, Bangalore-560060, Have Changed My Name To (New Name) Aftab Azeez Vide Affidavit Dated 26/08/2023 Sworn Before Notary Mohammed Hussain K Bangalore.

I, Sreenivasarao D S/o D Krishnaiah R/o No 29 Jinnagaramma Layout Doddabidirakallu Bangalore 560079. have changed my name to D Srinivasa Rao for all purposes

I, SHRAVANI SAWARKAR, D/o VIVEKANAND JITENDRIYA SAWARKAR, R/o Flat No. 1001, Hillcrest, House of Hiranandani, Akshayanagar, Begur - Bangalore 560068 have changed my given name from SHRAVANI VIVEKANAND to SHRAVANI for all future purposes.

I, Deepali Latti R/o No.A-2154, 12th main, AECS layout, A block, Singasandra, Bengaluru 560068 have changed my name to Deepali Annasaheb Chougala affidavit Dt.09/10/2023 notary Harisha G, B'luru

I Soumya Bandi W/o Prasanna Girijammanavar R/o H.no 1927 vanshree 8th main,12th cross judicial layout yelahanka, bengaluru 560064 have changed my minor daughter name from Pranamya to Pranamya Prasanna for all purposes

I Sheethalkumar S/O, Krishnagowda R/o No 13/b 1, 13th B Cross 9th Main , Jnanajyothi Nagar , Mallathahalli , Bengaluru 560056 have changed my name to Sheetal Kumar K .

I Firdous Sultana W/O, Mohammad Asfaq A B R/o No 110 Ground Floor Mahaveer Clover Kogilu Village Yelahanka Bangalore 560064 have changed my name to Firdous Sultana M B.

I, Ahmed Anver Syed Fahim, S/o. Syed Anver, R/o: #649, GF, 13th Crs, 29th Min, BTM L/o, 2nd Stage, Blr-076, have changed my name to Syed Fahim Ahmed for all purposes.

I Vagtaram S/O, Jiva Ram Mali R/o #28, Kottage Lane, Opposite Srinivasa Hospital Gandhinagar Bangalore have changed my name to Vagtaram Mali.

I, Sagar Rathi Suryakanth Rathi, R/a Flat-303, D C Golden Shine Apartment, 2nd Cross, MLA Layout, Lottegollahalli, Bangalore-94. I have changed my name to Sagar Rathi. Vide affidavit dated 05-10-23 sworn before notary N Mahesha Bangalore.

I, Raghu Lakkappa, residing at No.230, 12th Cross, Kacharakanahalli, ST Thomas Town Post, Bengaluru-560084 have changed our minor daughter's name from CHINMAI RAGHU to KHUSHI, affidavit dated 07.10.2023 before notary V. Anjanappa, B.lore

I, Srinivas, S/o. Muniyappan, D.No. 95,Palepalle, Kanthikupam, Krishnagiri, Tamil Nadu-635108, have changed my name to Seenan Muniyappan vide affidavit Dtd: 07/10/23 before Notary M. Rajendra, B'lore.

I, Kishan Kumar Ramanjini S/o Ramanjani Krishnappa R/o #128 Doddakallasandra, Kanakapura Main Road, B'luru-560062, have changed my name to Kishan Kumar Ramanjani for all Purposes.

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Unclean sweep: Remains of the day

CONTINUED FROM PAGE 1

Public events are those organised in places like fairgrounds or open grounds, parks, public-utility earmarked lands belonging to the BBMP: melas, festivals, cultural, religious or sporting events take place in such sites.

Private functions are the events held on private premises including that of educational or religious institutions, sport stadia, hotels, apartments, and residences. The BBMP has to collect a non-refundable processing fee equivalent to Rs 6 per kg towards receiving segregated waste at its waste processing or disposal sites.

The civic body has the authority to impose a penalty of Rs 2,500 to Rs 50,000 on the organisers for conducting events that attract from 5,000 to 50,000 people without its permission.

"The BBMP health department officials do not visit the places where public or private events are held. Environmentalists have to either inform or insist the authorities visit the sites where events are held. Not many organisers are

penalised for organising events without permission or violating the solid waste management norms," said Malini, an environmentalist.

Demanding the BBMP to follow the norms while organising their meetings, Shobha Bhat of Usire Foundation said not many people who organise religious, or family functions are keen to follow the norms. "I have never come across a function where segregation of waste at source was done. They do not know where the waste that was generated by them goes. I advise people who invite me for the events to take measures to avoid use of single use plastic. A few of them have agreed to use cutlery," said Shobha Bhat.

Emphasising the need to change the policy or norms of waste management during the festivals, Vinod Jacob of Namma Bengaluru Foundation said the comprehensive exercise of keeping the city roads, parks, and lakes clean is defeated during festivals.

"The pandals need permission from the BBMP, which is a norm, but it is hardly adhered to. Festivals have to be celebrated with great fervour but with greater responsibility," said Jacob.

A BBMP engineer, on the condition of anonymity, said most of the people who organise events at public places are the supporters of the local elected representative.

Meanwhile, BBMP joint commissioner (solid waste management) assured to look into the matter. "We will collect the refundable security deposit and penalise the organisers if found violating the norms," the commissioner said.

Loud and noisy in Bengaluru

CONTINUED FROM PAGE 1

Moreover, it is a busy stretch and vehicular traffic is contributing to high noise pollution. The same is the case with NIMHANS. Another reason behind higher readings at RVCE is the ongoing construction work on the college campus. However, we are following up with the college authorities and sending them alerts every month on the issue. Based on the report, we have also issued directions to the city traffic police and Bruhat Bengaluru Mahanagara Palike on reducing noise levels," said the official.

Health experts said there is a definite correlation between noise and the impact it has on health.

"Silent zones, which often include schools and colleges, require a quiet environment conducive to learning and concentration. Noise pollution can hinder students' ability to focus, leading to decreased academic performance. Hospitals and healthcare facilities located in silent zones

require a peaceful environment for patients to recover and heal. Noise can disrupt sleep patterns, increase stress levels, and hinder the recovery process. Exposure to loud sounds and noises can trigger anxiety and contribute to stress; the physiological symptoms are racing heart, shortness of breath, muscle tension, etc.," said Dr Aravind S N, Aster RV Hospital

KSPCB has 10 noise monitoring stations across the city under various categories, at silent zones alongside residential, commercial, and industrial areas; monitoring stations record the noise level in decibels (dB) originating from vehicular traffic, civil works, and industry.

It has been nearly five years since KSPCB has been monitoring Bengaluru's decibel levels through the 10 noise monitoring stations. However, it has not seen any sign of the city calming down. The monthly average decibel values in silent areas have gone up substantially over the last two years.

Implementing noise barriers such as sound walls or green buffers (planting trees and shrubs) in residential and silent zones, bringing in traffic calming measures such as speed limits and restrictions on honking, and penalising and taking strict actions against people who contribute to noise pollution in silent and residential areas are some measures that anti-noise pollution experts suggest to bring down the decibel values.

HEALTH TIP: Including calcium in your diet is actually beneficial in preventing kidney stone formation

Cranberry juice is commonly recommended to prevent urinary tract infections

BangaloreMirror 9
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GYM JAM

Unusual gym habits that might leave you in stitches

Embarking on a fitness journey can be both rewarding and challenging. Whether you're a seasoned gym-goer or a newbie trying to adopt a healthier lifestyle, you're likely to encounter a variety of gym habits that range from the mundane to the downright bizarre. Some gym-goers have developed peculiar routines and habits that might leave you in stitches – not from laughter, but from sheer bewilderment. Let's look at some of the weirdest gym habits that you might come across during your fitness endeavors.

The Phone Magician

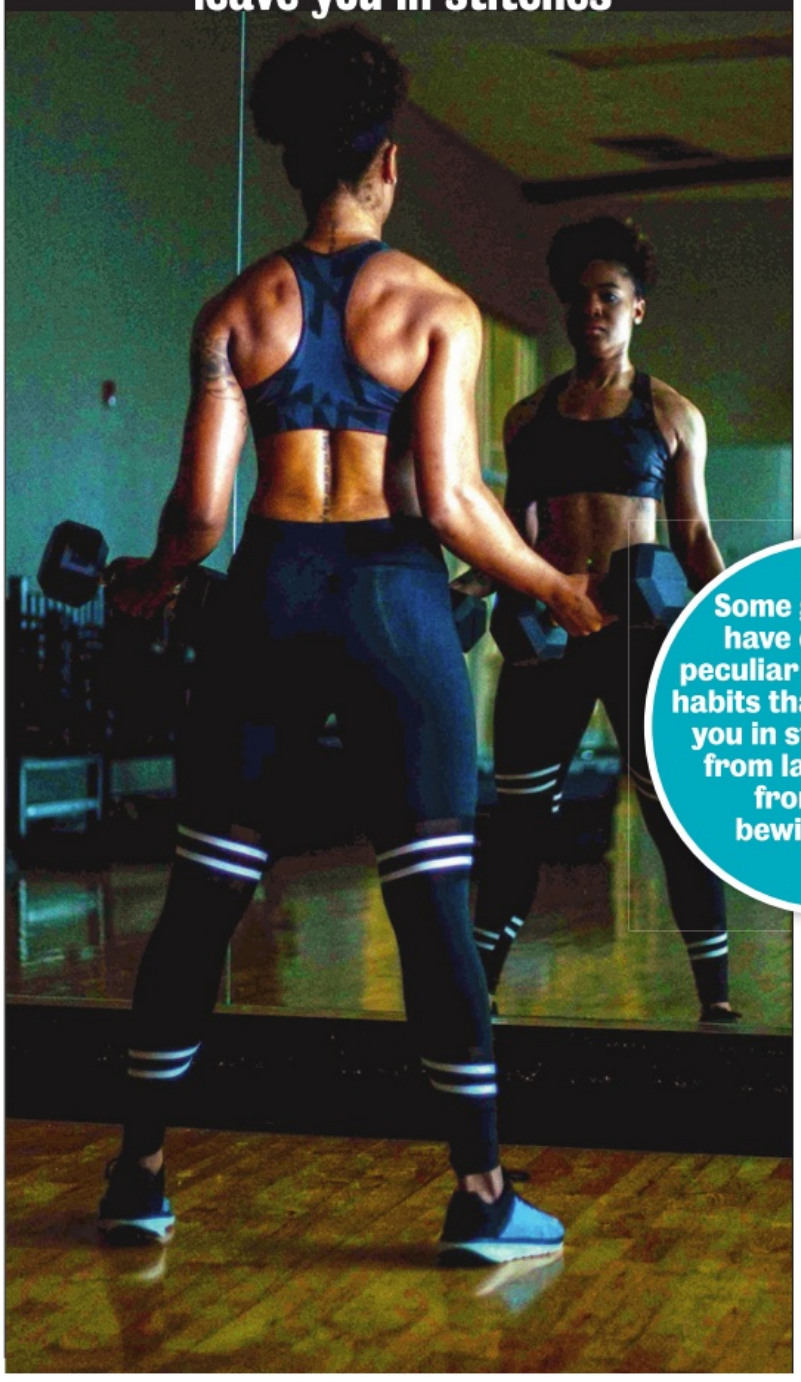
We all know smartphones have become an inseparable part of our lives, but some gym-goers take their attachment to the next level. The phone magician seems to possess the power to summon their smartphone from thin air, no matter where it's stored. They might be in the middle of a set, dripping with sweat, and suddenly – poof! – their phone appears, often leading to awkward fumbling and a temporarily interrupted workout. It's as if the phone has an uncanny ability to teleport into their hands at the least opportune moments.

The Grunter Choir

While some level of exertion-related grunting is normal in the gym, there's a subset of gym-goers who turn it into a performance art. The grunter choir consists of individuals who seem to communicate primarily through grunts, groans, and primal noises. From across the gym, you might think they're engaged in a heated argument, but no – they're just pumping iron while emitting a symphony of sound effects that might make you wonder if you accidentally wandered onto a movie set.

The Mirror Marathoner

Ah, the mirrors in the gym – they're there to help you check your form, but for the mirror marathoner, they're a stage. These gym-goers can't seem to resist glancing at themselves after every single repetition. Whether they're doing curls, squats, or even stretching, they're locked in a silent battle of wills against their own reflection. It's as if the mirror's encouragement and approval are vital to their workout success.



> Some gym-goers have developed peculiar routines and habits that might leave you in stitches – not from laughter, but from sheer bewilderment

The Water Bottle Shrine Keeper

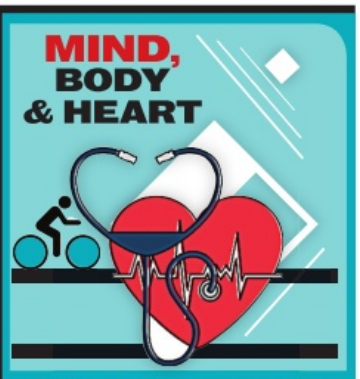
Hydration is important, and many gym-goers bring water bottles to ensure they stay properly fueled during their workout. But for the water bottle shrine keeper, the water bottle isn't just a functional accessory – it's a sacred artifact. You'll find them carefully placing their water bottle in a specific spot, perhaps even with a towel draped over it, as if they're paying homage to the hydration gods. Disturbing their water bottle arrangement might result in an icy stare that could rival Medusa's.

The Equipment Hopper

Have you ever seen someone bouncing from one piece of equipment to another with the grace of a caffeinated kangaroo? That's the equipment hopper. Instead of sticking to a structured routine, they seem to have made it their mission to try every machine and weight in the gym within a single session. While their enthusiasm is commendable, their constant equipment hopping can leave you wondering if they're on a fitness quest or participating in a gym-themed scavenger hunt.

A gym is a place where people come together to pursue their fitness goals, and in the process, you're bound to encounter a colorful cast of characters with their own unique habits and routines. From the phone magician's teleporting smartphone to the grunter choir's vocal performances, these weird gym habits might leave you in stitches – not because they're necessarily humorous, but because they remind us of the diversity and quirkiness that make the gym experience so memorable. So the next time you're at the gym and you witness one of these habits in action, try not to laugh too hard – after all, we're all on our own fitness journeys, weird habits and all.

–Prachi Rijhwani for Femina



All you need to know about...

Pollution damage

Inflammation in brain
Experts have warned that the pollutants in the air may cause inflammation in the brain that can lead to anxiety, depression, and memory issues. Ahead of the World Mental Health Day that falls on October 10, doctors emphasised that pollution in any form is damaging to human well-being.

Weather events
Dr Nand Kumar, Professor, Department of Psychiatry, All India Institute of Medical Science (AIIMS), said that apart from air pollution, "environment changes marked by frequent and extreme weather events such as floods and storms affects mental health".

India's rising pollution
As per the Air Quality Life Index (AQLI) report for 2023 by the University of Chicago's Energy Policy Institute, India is the world's second most polluted country and Delhi is the most polluted city in the world. The findings based on PM2.5 data for 2021 derived from satellites showed that pollution in India has increased from 56.2 micrograms per cubic metre air in 2020 to 58.7 micrograms per cubic metre air in 2021. This exceeds the World Health Organisation's (WHO) guideline of 5 micrograms per cubic metre air by more than 10 times.

Range of physical issues
Air pollution, a global issue that affects the health of millions of people globally, has long been associated with a range of physical health issues, from respiratory illnesses to cardiovascular diseases, however, the impact of air pollution on mental health is a less explored but equally significant concern.

Mental impact
Air pollution impacts cognitive functioning and decision-making in the long run. It also affects work productivity and socially, may lead to criminal activities and worsened public behaviour. **–IANS**

MIRRORLIGHTS

Social media binge taking mental toll on students

Excessive social media use among university students has been linked to a decline in their mental health.

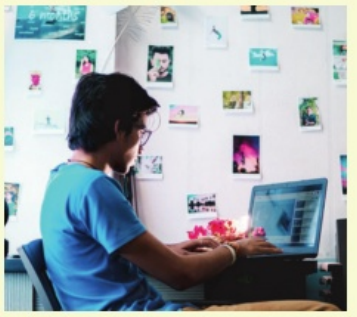
High numbers of university students are paying a mental health price for bingeing on social media and research shows problems range from depression and low self-esteem to even a phobia of being away from their smartphones.

Not all the effects of social media are bad, but studies show the need to help people at risk of social media addiction.

An online survey of 622 university students from China, Taiwan and Malaysia found those who used their smartphone and social media excessively were also more likely to experience mental health conditions.

In particular, students experienced greater levels of nomophobia — fear of not having an operating smartphone at hand — and weight-related self-stigma — where someone devalues themselves because of weight concerns, usually that they are overweight. PTI

Symptoms of weight-related self-stigma include low self-esteem, low confidence and negative emotions.



Another study of 380 students from Malaysian universities found that high levels of social media use were associated with students experiencing greater levels of depression, anxiety and stress.

In the first study, participants on average used social media for 4.8 hours a day and more than 40 percent were identified as at risk of having a social media addiction.

In the second study, participants averaged 4.5 hours a day on social media and more than one-third were defined as at-risk of having a social media addiction.

Youth and young adults are particularly susceptible to the impacts of social media because they are the biggest users of social media.

This isn't always a bad thing.

The benefits of social media use have been widely studied. Specifically, social media can help people express love and compassion.

— IANS

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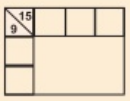
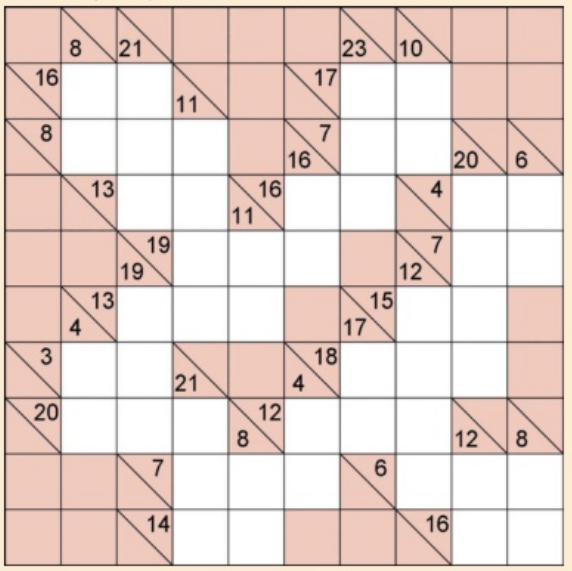
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

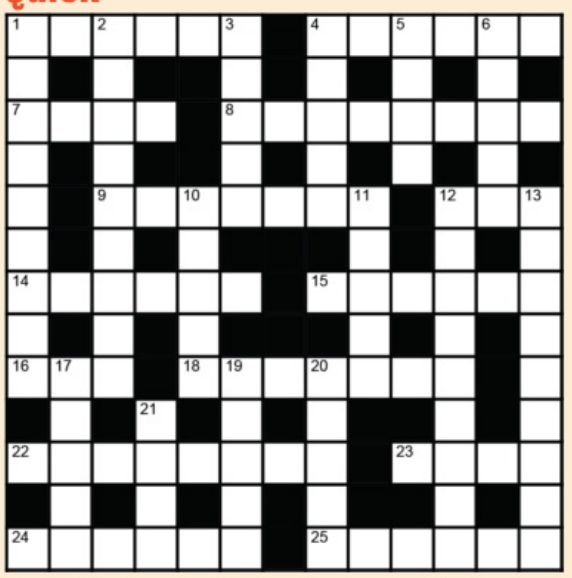


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Emblem or badge (6)
4 Cuisine which is a fusion of Kodava and Mangalorean (6)
7 Has (4)
8 Sentimental fondness (4,4)
9 __ __ for : replaced someone? (5,2)
12 A fuss (3)
14 Holiday (6)
15 Entices (6)
16 Legal thing (3)
18 Explorer or trail blazer (7)
22 Indian queen or empress (8)
23 Flightless bird (4)
24 Make bubbly (6)
25 Milk and egg drink (6)

DOWN

1 Betrothed (6,3)
2 Cabinet members (9)
3 Cowboy's rope (5)
4 Civilian clothes (5)
5 Speak a certain way (4)
6 Dodge or sidestep (5)
10 Readily available (2,3)
11 Female relative (5)
12 Slur (9)
13 Noticing or making a remark (9)
17 Delete or rub out (5)
19 Furious (5)
20 Like pale dam (5)
21 India's holy city (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS P

NTLNZT GTTQ WL TRELX WSBRMG QLDT ISTR WSTX ORLI C ZLW LF LWSTD NTLNZT SCHT JTTR ZTFW LKW LF WST NZTCGKDT.

Linemaro

You are #1 in my book

Mindchow

Everything has beauty, but not everyone sees it

Joke of the day

Take life with a grain of salt...plus a slice of lemon ... and a shot of tequila

Loop

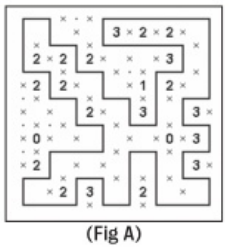
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

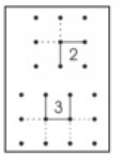
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

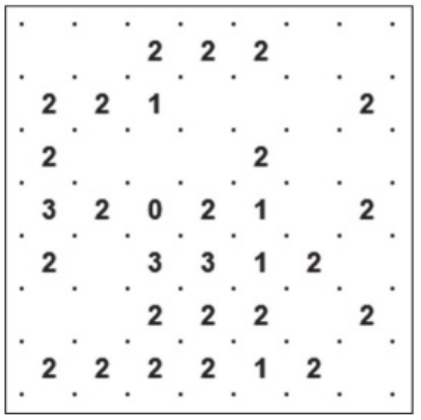
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



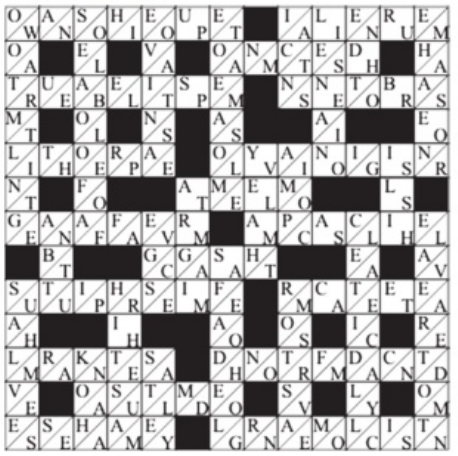
(Fig A)



(Fig B) Not Allowed



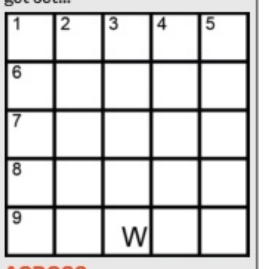
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Arsis; 6 Medea; 7 Irons; 8 Aider; 9 Re Few

DOWN

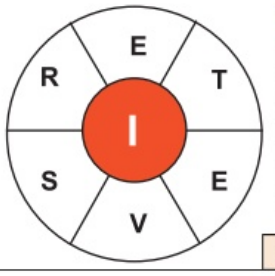
1 Fires; 2 Oread; 3 Wears; 4 I dime; 5 Earns

Mensapuzzle

What number should replace the question mark?

100, 97.4, 94.8, ? , 89.6, 87

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

SudokuChallenge

3						6		1
			5	9		4		3
					3			2
2			6	5		1		8
7								4
8		9		3	4			5
5			7					
1		3		4	5			
9		8						6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 15

4 7 9 9

Medium = 11

3 3 5 7

Hard = 1

7 7 8 7

Hocusfocus

Find at least six differences in details between panels.

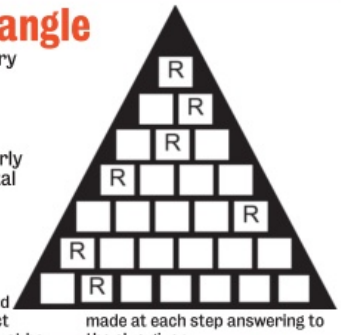
Differences: 1. Mouth is different. 2. Roof is longer. 3. Hand is different. 4. Leaves are moved. 5. Man has less hair. 6. One board in fence is lower.

Riddler

What happened on September 10th, 1752 in Britain?

Alpha triangle

1 Radius in geometry
2 Infra-red abbr
3 Dander
4 Anger
5 Lazybones
6 Complained bitterly
7 Dublin is its capital



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

I HAVE A CLUB MEETING TOMORROW
IT'S CALLED THE LOYAL ORDER OF ENRAGED ACROBATS
WHAT DO YOU DO AT YOUR MEETINGS?
WE FLIP OFF EACH OTHER

Hart of the city

DO YOU WANNA GO TO THE DANCE TOGETHER?
WAIT, SHOULDN'T I BE THE ONE ASKING YOU?
WHY DOES IT MATTER? I GOT TO IT FIRST. I WIN!
IT'S NOT A RACE.

Crankshaft

AS FAR AS I'M CONCERNED...
NFT STANDS FOR 'NOTHING FOUND THERE'!
I THINK I HAVE TO GO ALONG WITH ED...
ESPECIALLY WHEN THE INVESTMENT FUND IS NAMED 'SCAMMY SHOVELWARE'!

Mutts

JANE'S GANG
"JUBILEE"
I'VE BEEN WITH JANE GOODALL SINCE SHE WAS A TODDLER.
OVER THE YEARS I'VE LOST JUST ABOUT ALL OF MY FUR
BUT NONE OF MY LOVE.

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, blessings from elders may make you confident. You can follow your intuition before taking any initiatives that may help you at work. Your intuition may help you gain more in terms of finance. You are likely to visit some religious place with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

Taurus Apr 21 – May 20
Today, you may expect some instant gains in your business, which may boost your confidence level as well as your bank balance. It is advised to avoid stress in domestic life. There would be some momentum on the business and work fronts. Your prestige may be increased. You may also plan for an overseas trip.

Gemini May 21 – Jun 21
Today, things would not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You are likely to be attracted to the occult. You may feel a lack of confidence, which may affect your work. It is best to avoid rash driving and risky adventure tours.

Cancer Jun 22 – July 23
Today, you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of your professional life. Your friends and subordinate staff are likely to support you.

Leo Jul 24 – Aug 23
Today, you may be able to make a balance between your earnings and expenses, which may boost your bank balance. You are likely to perform better in your job. Your boss can give you new responsibilities in terms of promotions. You may get back your money, which was stuck. You may be able to control your opponents and hidden enemies.

Virgo Aug 24 – Sep 23
Today, you may feel dull due to sleeplessness; you may be scattered towards your goals, which may affect your working efficiency. You may plan to visit a religious place. But in the late evening, you may be blessed by your elders; you may find out your mistakes and make a good plan for the coming day. You are advised to take care of your parents' health.

Libra Sep 24 – Oct 22
Today, you may be in a hurry. You are advised to drive safely. But with the blessing of the elders, you may come out of this messy situation. You are likely to be more romantic in your love life, and harmony in your domestic life may come. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments.

Scorpio Oct 23 – Nov 22
Today, your subordinate staff may be cooperative, which may help you complete postponed projects. You are likely to join some social events, which may boost your network and help you in your work or social life. You may plan to go on an outing with friends. Some disputes with friends may be settled now. Students are advised to avoid carelessness.

Sagittarius Nov 23 – Dec 22
Today, your communication skills may help you on a professional front. You are likely to be more polite with everyone around you, which may help you speed up your projects. Lovebirds are likely to exchange their views with each other, which may lay the foundation of their relationship.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon. A new partnership may give you benefits. Your energy level is likely to be high. Your hard work and enthusiasm may pay off in terms of financial gains. Self-respect may protect you from negative people around you.

Aquarius Jan 21 – Feb 19
Today, you may feel dullness and unhappiness. You are advised to avoid harsh conversations with friends and family members. You may also not be able to get proper reciprocation for your hard work. You need to follow your intuition. It is advised to keep your patience while making important decisions.

Pisces Feb 20 – Mar 20
Today, new sources of income are likely to be opened. Your past investments may give you a good profit, which will boost your bank balance. You are likely to connect with a social organisation, which will increase your network. Singles may find a soul mate in terms of marriage.

KIDZONE

N Rakshith Varma, 8 years, Samved School

Hithesh U, 14 years, Sri Manjunatha Swamy Vidyaniketan

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√(9) i / 2⁻¹ ÷ 6⁻¹
3 i / 2⁻¹ ÷ 6⁻¹
6 / 1/2 ÷ 6⁻¹
6 x 2/1 ÷ 6⁻¹
12/1 ÷ 1/6
12/1 x 6/1
12/1
= 72

RIDDLER
Nothing happened that day. It didn't exist due to the transition from a Julian calendar to Gregorian.

FAST FIVE

S	A	R	I	S
E	D	E	M	A
R	O	S	I	N
I	R	A	D	E
F	E	W	E	R

BULL'S EYE
RESTIVE, revise, rise, rite, rivet, sieve, sire, site, stir, strive, tier, tire

STRIKE OUT

S	E	A	M	Y	■	G	R	E	M	L	I	N
E	■	O	U	T	D	O	■	S	■	L	■	O
L	A	K	E	S	■	D	O	R	M	A	N	T
A	■	H	■	A	■	O	■	C	■	R	■	■
S	U	P	R	E	M	E	■	M	A	T	T	E
■	B	■	C	A	S	H	■	■	A	■	V	■
G	A	F	F	E	R	■	A	P	A	C	H	E
N	■	F	■	T	E	E	M	■	S	■	■	■
I	H	O	P	E	■	L	Y	I	N	G	I	N
M	■	L	■	N	■	A	■	I	■	O	■	■
R	E	A	L	I	S	M	■	S	N	O	B	S
A	■	E	■	V	■	A	N	T	E	D	■	A
W	A	S	H	O	U	T	■	I	L	E	U	M

QUICK

A	E	R	A	T	E	■	E	G	G	N	O	G
S	■	Y	■	T	■	V	■	O	■	L	■	N
M	A	H	A	R	A	N	I	■	K	I	W	I
R	■	G	■	R	■	A	■	S	■	V	■	■
R	E	S	■	P	I	O	N	E	E	R	■	R
O	■	R	■	A	■	C	■	E	■	■	■	O
F	I	E	S	T	A	■	T	E	M	P	T	S
N	■	T	■	N	■	I	■	S	■	B	■	■
E	S	T	O	O	D	I	N	■	A	D	O	■
K	■	I	■	S	■	T	■	P	■	I	■	■
O	W	N	S	■	S	O	F	T	S	P	O	T
P	■	I	■	A	■	U	■	I	■	V	■	■
S	Y	M	B	O	L	■	M	A	L	N	A	D

MENSA PUZZLE
92.2: deduct 2.6 at each stage.

QUOTE UNCODE
People seem to enjoy things more when they know a lot of other people have been left out of the pleasure.

SUDOKU

3	9	5	4	7	2	6	8	1
6	2	1	5	9	8	4	7	3
4	8	7	1	6	3	9	5	2
2	3	4	6	5	7	1	9	8
7	5	6	8	1	9	2	3	4
8	1	9	2	3	4	7	6	5
5	4	2	7	8	6	3	1	9
1	6	3	9	4	5	8	2	7
9	7	8	3	2	1	5	4	6

ALPHA TRIANGLE
R, IR, Ire, Rile, Idler, Railed, Ireland.

LOOP

GO FIGURE
Easy
4 + 9 + 9 − 7 = 15
Medium
3 x 5 + 3 − 7 = 11
Hard
7 + 8 − 7 − 7 = 1

KAKURO

7	9	4	3	1	8	6	2	5
8	1	6	7	5	9	3	4	2
3	2	5	9	6	4	8	7	1
1	4	8	6	2	5	7	9	3
9	7	3	8	4	2	1	5	6
6	5	2	1	3	7	9	8	4
2	8	9	5	7	3	4	6	1
4	6	7	2	8	1	5	3	9
5	3	1	4	9	6	2	1	8

Volume No 16, Issue No 78 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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